



Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

YFC Board Report, August 2013

—By Liz MacGregor, Board President



The 2013 Board of Directors election was unusual.

It was only the second Board of Directors election in which there were more candidates than there were seats available. It was the first time we promoted the election and the general membership meeting on Facebook.

There were some things that were pretty typical. We tried to get the word about the election out using the newsletter. We didn't get any information out about the candidates beforehand.

We didn't coordinate with the Co-op staff that was promoting the election so it wasn't clear in the promotions who was running. There were requests for information at the last minute that we then couldn't fulfill because we were focused on preparing for the general membership meeting. There was a request – at the general membership meeting – that we delay the election so members could learn more about the candidates.



We decided not to do that because the member-owners had been notified of the election at the general membership meeting and it didn't seem right. We also weren't sure if we could do that under the [Co-op By-Laws](#) since one of its purposes is to conduct the election.

One candidate submitted her materials the day of the election, and there was some discontent that she was elected since the brochure wasn't clear about when applications were due.

We hope to do better in the future. We're trying to figure out how to do this better. We need member-owners who are interested in helping with this process. We also need input from the member-owners. Should we do online elections? Or in-store elections? What are the best ways to promote the elections?

We've formed a committee to come up with some answers. The Election Procedure & Promotion Committee will:

1. Identify and recommend best practices for Ypsilanti Food Cooperative Board of Director elections.
2. Identify and recommend changes to the by-laws to support those practices.
3. Provide a brief written report to the Board monthly about the activities of this committee.
4. Submit to the Board in a timely way a plan for promoting the election and the candidates for future elections.

The committee will have a recruitment meeting Wednesday, August 21 at 7:00 p.m. Come if you want to volunteer for the meeting. Come to tell us how you think the election should work. Come to see what other member-owners are concerned about.

If you can't come but you want to be involved, please email Paul Fisher at pfisher@pfisher.com.

A Peek at Produce

—By Jen Whaley

Ah, the perfectly ripe summer peach... you know, the kind you have to eat over the sink so the juice doesn't drip all over your shirt? The season for Michigan peaches is upon us and, after last summer's fruit crop devastation, I am even more grateful to see them. Peaches are a stone fruit—meaning their seed is enclosed in a stone, or pit in the center of the fruit—and are closely related to nectarines, apri-cots, plums, and cherries.

Their fuzzy skin is edible, although some prefer to peel it before eating.

Because ripe peaches are so fragile, they are often picked while they are still a little firm to allow for transportation without bruising. Unlike berries and apples, peaches continue to ripen at room temperature. If you're buying groceries for the week and want to

enjoy ripe peaches throughout, I recommend choosing a mix of ripe and firm. Leave the firm ones in a bowl on the counter to ripen. If they ripen before you're ready to eat them, put them in the fridge so they don't get overripe. A ripe peach should be heavy for its size, have a taut skin (not wrinkly), and show a dent when you press the flesh.



If you're looking to can peaches, make sure they are ripe and free of blemishes, and choose a free stone variety, such as Red Haven. Free stone peaches separate from the

stone more easily, versus cling peaches, which, well...cling to it. This winter, you can eat your canned peaches right out of the jar, or make a delicious sauce for pancakes, waffles, or French toast, or even for chicken, pork, or fish.

For more information on safe fruit canning, visit freshpreserving.com.

Heritage Festival and Freighthouse Events

YFC will be offering a mini-farmers market at Heritage Festival with fresh and local fruit & produce to help make your Festival delicious and healthy. Look for us by the Green Tent on the river in Riverside Park!

YFC will also be back in the Freighthouse at our Heritage Café selling coffee, drinks, Deli items, sweets, and snacks.

Also at the Freighthouse:

- Friday Night Happy Hour 5-9 PM - Featuring beer,

wine, and a jazz band on the deck

- Saturday Night Bluegrass Fundraiser 5-9 PM - Featuring wine, beer, and live bluegrass on the deck
- MDOT and SEMCOG Display - See what the Michigan Department of Transportation has been up to, and tour railroad cars at the Freighthouse throughout the weekend
- James Mann will give a history tour of the Freighthouse

Full details will be posted in the Co-op as they become available.

Trains to
tour and
more...



SOLAR YPSI



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—by Dave Strenski

Solar power continues to grow in the City of Ypsilanti. Solar Ypsi just finished the third installation of solar panels on the Co-op's roof, and the electrician will soon wire it into the building. This brings the total number of panels on the Co-op roof to 62!

We also got permission from the Historic District to put some solar panels on the Freighthouse.

In addition, Solar Ypsi is working on presenting a second annual solar demonstration at the Ypsilanti Heritage Festival and is continuing to work on a strategy to get a 1000 solar roofs in Ypsilanti!

One thing community members can do right now is to call a local solar contractor

and just get a quote to see what it would cost to make your house 100% or even 50% solar-powered. You can find a solar contractor through Great Lakes Renewable Energy Association (<http://www.glrea.org/>).

As an example, **Sriner**gy has started a new program where they will finance 100% of a solar installation. You can **go solar** today for zero money down, and lease to own the system over 10 years. Here is a link to their flier: <http://goo.gl/cQl0wL>.

Dave gave a talk at TEDxEMU in May about Solar Ypsi. You can see it on the blog for Solar Ypsi or click below: SolarYpsi.org/blog/2013/05/solarypsi-tedxemu-talk

August Events

Friday Aug 2

Potluck 6:00pm, Film 7:00pm

Film: "YERT: Your Environmental Road Trip" at Downtown Ypsilanti Library, 229 W Michigan, Ypsi

Immediately following the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "YERT" follows three friends as they travel all around the country, learning about the wacky ways many people are finding to reduce their environmental footprints—then, the plot thickens as a baby enters the picture!

Wed Aug 7, 6:00-6:45pm

"Get to Know Your Co-op" Orientation

All member/owners are invited. We'll take a Co-op tour and hear a short presentation on cooperative principles & little bit of history! Get a 12% discount for attending.

Saturday Aug 10, noon-2pm

B Nektar Mead Tasting

Come & enjoy a taste of local Michigan mead! B Nektar staff will be at the Co-op answering your questions. See back page for more info about B Nektar.

Tuesday Aug 13, 6:30pm

Board of Directors Meeting

Board meetings are open to the general membership to observe and participate in except when an executive session is called. Enter at 308 N River St.

Friday Aug 16-Sun Aug 18, 2013

Ypsi Heritage Festival & Parade

Volunteers needed to help staff the YFC booth (Fri 8/16 noon-9pm, Sat 8/17 10am-9pm, Sun 8/19 11am-6pm) and march in the Heritage Parade (Sat 8/17 10am). Call YFC to volunteer (483-1520) or sign up in the store.

Saturday Aug 17, 12am-5pm

Garden Tour features Honeybee Alley at the Ypsilanti Food Co-op!

This year, our own Honeybee Alley will be featured on the Ypsi Garden Club tour, as well as our River of Iris garden north of the parking lot. Stop by and hear about our gardens from volunteer Jamie Berlin and coordinator Lisa Bashert.

Saturday Aug 17-Sun Aug 18, 2013

Co-op Heritage Café in Freight House

Volunteers needed to help staff the Ypsi Food Co-op's Heritage Café. Call YFC to volunteer (483-1520) or sign up in the store. Trains available to tour all weekend at the Freight House platform.

Wednesday Aug 21, 7:00pm

Recruitment Meeting for YFC Board Election Procedure & Promotion Committee

Come tell us how you think Board elections should work and see what other member-owners are concerned about. Enter at 308 N River St.

Monday Sept 2, 2013—Labor Day

Ypsi Food Co-op will be closed



Updated Peach Melba from Epicurious

Sauce:

- 1 C sugar
- 1 tbsp light corn syrup (or honey)
- 1/2 C heavy cream
- 2 tbsp (1/4 stick) unsalted butter
- 1/2 tsp kosher salt or coarse sea salt

Peaches:

- 2 C sweet Riesling wine
- 1/4 C sugar
- 1/2 vanilla bean, split lengthwise
- 4-5 ripe peaches, quartered
- 1 pt vanilla ice cream
- 2 pts fresh raspberries



Sauce: Cook sugar, corn syrup, and 1/4 C water over medium heat, stirring until sugar is dissolved. Bring to boil, occasionally swirling (not stirring), until syrup turns a deep amber color, 7-8 min. Remove from heat; add cream, butter and salt and whisk until smooth. Let cool. Re-warm slightly before serving.

Peaches: Combine Riesling, sugar, and 2 C water in saucepan; scrape in seeds from vanilla bean; add bean. Bring to a boil. Add peaches; bring to a simmer. Cook over medium heat, turning once or twice, until tender when pierced but still holding their shape, 5-7 min. Chill until cold (~2 hours); strip off skins and discard. Divide peach segments into serving bowls; top with ice cream and raspberries. Drizzle caramel sauce over and serve.



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August Local Vendor: B. Nektar Mead

—By Joe Montgomery

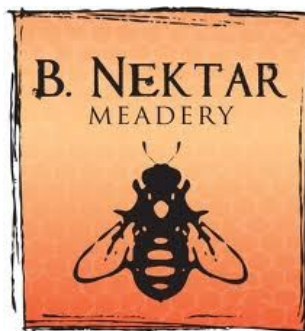
B. Nektar is Southeast Michigan's local meadery. Located in Ferndale, about 40 miles north-east of Ypsilanti, B. Nektar has been making award-winning meads, also known as honey wines, since 2006. Just last year, they expanded their selection to include sparkling meads, such as Zombie Killer and Evil Genius, in addition to their fantastic still meads, like their Wildflower and Orange Blossom.

B. Nektar describes the art of mead making: Mead uses 3-4 pounds of honey per gallon. When the honey arrives at the meadery, it is mixed with water until it is in the correct concentration for fermentation. We also would add any fruit that is

going to be fermented along with the honey. While our honey is being mixed with water, dry wine yeast is rehydrated with yeast nutrients to ensure the yeast is healthy.

Healthy yeast is critical to the mead making process. If done incorrectly, the mead will

not ferment all the way to completion, and may also have off-flavors that will impact the overall quality of the finished product. When the yeast and unfermented honey/water mixture ("must") are ready, we add the yeast (pitching) and a few other yeast nutrients to ensure a healthy fermentation. Unlike beer, which has a tedious brew-



ing process, mead is more hands-on during the fermentation stage. Each day (and sometimes twice a day), we mix the yeast back into suspension and check its progress. After fermentation is complete, the mead is stabilized and fined. Then it is transferred either into oak barrels, or stainless steel tanks for aging. Once aging is completed, the mead is filtered and bottled. The whole process usually takes about 3 months to complete.

As part of YFC's monthly beer and wine tastings, a representative from B. Nektar will be at the store on Saturday, August 10, from noon until 2, sampling a selection of still and sparkling meads. Check out our Facebook page for updates on this and other events at the Co-op!